Developing a movement mindset should be a top priority for organizations of every size and structure. Adding more frequent light-intensity physical activity during the workday – such as intermittent standing – is beneficially associated with physical and mental health, which can have an impact on many of the pressing issues that organizations face today, such as absenteeism, presenteeism, rising healthcare costs and even employee satisfaction. Movement doesn’t have to take individuals away from their workstations. Leaders can embrace a movement mindset with sit-stand workstations.
1. Cost-effective

Inactive employees are more expensive than active ones. While making changes to furniture may seem expensive, the cost of doing nothing can far outweigh the investment. Healthcare costs are one of your organization’s largest expenses, and physical inactivity contributes to some of the most common, costly and preventable health problems. Studies have shown that more frequent movement can both proactively and reactively help people achieve better health and wellness, which translates to less missed work, better engagement and more productivity. Go to payback.ergotron.com for your personal ROI.

2. Strategic

Organizations that want to remain competitive, recruit and retain top talent and outperform competition should adopt best-practice wellness programs to help achieve those goals. Standing desk adoption continues to rise, with 44% of employers providing or subsidizing the cost of replacing a regular desk with a standing desk. Standing benefits employees regardless of age, health status or fitness profile, easily helping populations that might normally be more difficult to target, like those that are aging or suffering from chronic conditions.
3. Self-sustaining

In comparison to traditional wellness activities, signing off on a sit-stand desk initiative requires very few employee resources. The right sit-stand manufacturer can provide you with training and implementation tools, and once established, the program is easy to maintain.

4. Adaptable

While adding a fitness room or walking path may be space-prohibitive, retrofitting an existing workstation with sit-stand adjustability requires no additional space. The transition can easily be done with the existing infrastructure and furniture, and the investment will work for many users and years to come. It can also address the changing office climate to accommodate co-work spaces, temporary staff, outside consultants and visiting sales teams.

Conclusion

As employers continue to invest in wellness programs, the best initiatives will be those that benefit individuals and organizations. In light of the fact that workday inactivity is harmful and unproductive, and that many intervention studies demonstrate the value of using sit-stand furniture, it’s no longer reasonable to keep employees sedentary. With millions of workers performing jobs in front of computers or around conference tables, it’s time to have them do so in a way that benefits wellness, productivity and satisfaction. When it comes to making a decision, feel confident that approving a sit-stand initiative makes good business sense. Download the complete handbook, “Make The Sit-Stand Switch,” at www2.ergotron.com/MakeTheSitStandSwitch.

THE EMPLOYEE’S PERSPECTIVE

According to the Workstation Impact Assessment Survey, 94% of sit-stand users report being equally or more motivated to use their workstation now than when they began. When asked why, people report feeling better and experiencing the benefits of movement firsthand, which may account for why 70% report being primarily motivated by the benefits to health and productivity. Two-thirds of respondents had been using their sit-stand workstation for over a year. That number increases to more than three-quarters when you include those using for more than six months. In regards to a lifestyle intervention, it’s rare to find a program with the same reach, engagement and results. Similar stats from the JustStand® Index indicate that employee interest is there: 67% of workers dislike sitting all day, and 84% would prefer to sit or stand at will.

2 SHRM 2017 Employee Benefits Report
3 Ergotron Workplace Movement Assessment, 2016
4 JustStand® Index
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